



Banana Berry Collagen Smoothie

1 serving

5 minutes

Ingredients

8 ozs Unsweetened Nut Milk
1/3 cup Frozen Berries
1/3 Banana
1 tbsp Chia Seeds
1 tsp Cinnamon
3 scoops Collagen Powder
1 tbsp Molasses

Directions

- 1 Blend well.
- 2 Serve immediately.
- 3 If seed cycling, can substitute flax seed for chia seed.